

**CITY OF LYNNWOOD
HUMAN SERVICES COMMISSION MINUTES
October 6, 2016 Meeting**

Call to Order

The meeting was called to order by Chair Hurst at 6:34 p.m.

Roll Call

Commissioners Present:	Staff Present:
Pam Hurst (Chair)	Chanda Emery, Sr. Planner
Julio Cortes	Paul Krauss, Community Devt. Director
Kathy Coffey	Sgt. Cole Langdon
Sandi Farkas	
Peter Schmidt	Other:
Mary Ann Dillon (arrived after roll call)	Council Liaison Shirley Sutton
	Councilmember George Hurst
Commissioners Absent:	
Michelle Reitan (Vice Chair)	

Approval of Minutes

July 7, 2016 and September 1, 2016 Minutes

Motion made by Commissioner Coffey, seconded by Commissioner Farkas, to approve the minutes as presented. Motion passed unanimously (5-0).

Petitions and Communications

Dr. Jean Kim, Foundation for the Homeless Education, distributed a paper describing her work. She stated that her heart is broken because homeless students are going to school after sleeping in the rain. She helps homeless adult students go to community colleges, 4-year training, and job training in four different states. Housing is a crisis for these people. The people she serves are highly motivated to get advanced education and enhance themselves in order to become self-sufficient. She feels helpless because she can't find housing for them. She has ten different choices for housing with the last resort being a tent city, but Lynnwood won't allow them to pitch a tent anywhere. She has written up a proposal to the City, including the faith community. She encouraged the Commission to read it.

Councilmember Sutton stated that she and Dr. Kim go back a long time. When she worked at Edmonds Community College she worked with Dr. Kim and others to provide housing for single students at the YWCA. She asked if this was still

1 happening. Dr. Kim replied that the program Councilmember Sutton was referring
2 to had been terminated. Councilmember Sutton expressed frustration and
3 indicated she would follow up with Dr. Kim later.

4
5 Commissioner Coffey asked Dr. Kim about her purpose for coming tonight. Dr.
6 Kim asked the Commission to pay attention to the homeless people, especially
7 students who are trying to go to school. She noted that many get sick, and the
8 Foundation puts them in a motel when possible, but funds are limited, and they
9 can only do this when people are sick. She has bought some tents for people,
10 but she doesn't know where they will pitch them because if the police notice them
11 they will not be allowed. Some had tents behind the Good Shepherd Church, but
12 were made to leave by the police. She appreciates the fact that the City has a
13 winter shelter, but people need a place to sleep even when it's above 33
14 degrees.

15
16 Chair Hurst stated she had an opportunity to meet with Dr. Jean Hernandez of
17 Edmonds Community College and Dr. Kim last week which is why she invited Dr.
18 Kim to speak. Dr. Kim knows about 15 people who are registered in some kind of
19 higher education and are not housed.

20
21 Shannon (?) asked Sgt. Langdon where the homeless are allowed to be. Sgt.
22 Langdon said he wasn't aware of the situation at Good Shepherd Church. He
23 stated that if people have a tent set up on private property and have permission
24 from the property owner there would be no reason for an officer to come. If
25 church staff asks police to ask people to move along they will. If someone is
26 camped in a doorway, which violates fire codes, that is taken up by the Fire
27 Marshal.

28
29 Dr. Kim asked Sgt. Langdon where people are allowed to pitch tents in the City.
30 Sgt. Langdon indicated he would speak with Dr. Kim after the meeting due to
31 time constraints.

32 33 **Staff and Commission Reports**

34
35 None

36 37 **Discussion**

38
39 A. Guest Speaker – Sue Waldin, Community Program Manager, Verdant
40 Health Commission

41
42 Ms. Waldin shared how Verdant Health Commission works with the City and how
43 they might look at collaborations in the future. Verdant's mission is to improve the
44 health and wellbeing of the community and to be a sustaining resource for South
45 Snohomish County. Verdant is really the Public Hospital District No. 2, a
46 government entity, and one of 39 agencies in Washington State. They are run by

1 an elected board of commissioners who serve six-year terms and they serve a
2 specific geographical district. She reviewed the background of Stevens Hospital
3 and explained it was leased to Swedish Health Services for 30 years. Verdant
4 owns the hospital, the assets, and the property, but Swedish runs the hospital
5 and provides lease income to Verdant which is used to help improve the health
6 and wellness of the South Snohomish County community. They do that by being
7 a grant funder and by taking leadership roles in health care needs that rise to the
8 surface. There are five commissioners with a broad base of knowledge
9 consisting of a nurse/attorney, a physician, a grassroots community advocacy
10 expert, a healthcare consultant, and someone who works in the health insurance
11 industry. Public Hospital District No. 2 serves South Snohomish County. This is
12 an area down to the King County line and north to 148th Street near Mukilteo
13 containing about 200,000 people. The entire Edmonds School District is included
14 in this area.

15
16 Verdant gives away a sizeable amount of money each year in program grants to
17 build healthy communities. Every three years they make a large commitment
18 (~\$3 million) to community infrastructure projects that will benefit all members of
19 the community. The City of Lynnwood has been very active with Verdant on the
20 Bike2Health project where they have updated and worked on expanding bicycle
21 infrastructure around the county so that people can be more active and have
22 bicycle access that is safe.

23
24 Verdant works on initiatives through a needs assessment process. For example,
25 when there was a whooping cough epidemic they stepped up and worked with
26 the Health District to put a campaign and services together to address whooping
27 cough and vaccines. The Wellness Center on 196th across from Fred Meyer is a
28 space for health and wellness activities for the community. Verdant still has a
29 vested interest in maintaining a hospital that is of service to the community. They
30 are not involved in the day-to-day operations, but work with Swedish to make
31 sure it is a viable health option in the community.

32
33 Ms. Waldin discussed program grants that Verdant is involved in. In 2016 there
34 was \$7.4 million committed to doing health and wellness focused work in South
35 Snohomish County. They look at education and empowerment, prevention, policy
36 and advocacy, and access for health care.

- 37 • The Move 60 program is an education program that is quite large in scale
38 to address the childhood obesity epidemic. 60 minutes of activity, four
39 days a week is funded at all 24 elementary schools including
40 transportation home at low-income schools where that would be a barrier
41 to students. Ms. Waldin summarized that Verdant makes investments that
42 serve the broad population of students across the district.
- 43 • The Nurse-Family Partnership was a program that the Health District was
44 no longer able to afford with budget cuts, and Verdant took that role on in
45 South Snohomish County. This is an evidence-based national model with
46 home visiting nurses that work with teen and first-time moms that are

1 Medicaid and uninsured. They also work with young, first-time parents up
2 until the child's second birthday on very critical issues such as attachment,
3 nutrition, and access to health care.

- 4 • The Community Paramedic Program is a large funded program that the
5 City of Lynnwood is a partner in. They work with community paramedics
6 who do home visits with folks identified as high utilizers of the 911 system
7 that really don't have emergency-level calls, but still need resources.
- 8 • Additional programs: Type 2 Diabetes, Enhanced Wellness Program at
9 the Edmonds Senior Center, prescription drug assistance, Veterans
10 Resource Center, Evergreen Recover detox center, Domestic Violence
11 Services of Snohomish County, Cocoon House.

12
13 Verdant's needs assessment identified the top two needs in South Snohomish
14 County as adult dental services and mental health services. To address the
15 dental issue Verdant did a large-scale grant with the Community Health Center
16 looking at people with chronic diseases that were uninsured to get dental care.
17 They went in with Washington Dental Service Foundation and purchased a new
18 mobile dental clinic. They fund the Medical Teams International Dental Clinic
19 which now meets at the Edmonds Senior Center and, when volunteer dentists
20 are available, at the Neighbors in Need program. They are also the major funder
21 for the new Puget Sound Christian Clinic Dental Clinic which is due to begin
22 seeing patients on October 18. This is a well-needed resource.

23
24 In terms of mental health needs in the community, Verdant funds quite a bit of
25 mental health services within the school structure. They pay for counselors at the
26 middle and high school. They also pay for student support advocates at the
27 middle and high school level. They have funded Therapeutic Health Services
28 which works at the schools. It also works with Denny Juvenile Justice clients and
29 some work out of Verdant to assist Co-occurring Youth who have both mental
30 health and substance use disorders. Verdant just started a new grant with
31 Compass Health which is a combination of the Community Paramedics in terms
32 of a behavioral health team looking at expanded and more intensive support for
33 people in crisis in South Snohomish County. Verdant has done some work with
34 the Community Health Center trying to provide some services for people who
35 don't qualify for services under the Medicaid Access to Care standards. They
36 also contribute to the YWCA and Puget Sound Christian Clinic in hopes that they
37 can help address some of the mental health and behavioral health challenges,
38 but there are many.

39
40 Verdant partners with key stakeholders such as the City of Lynnwood on the
41 Bike2Health, Community Paramedics, Move 60 Teen Program, third grade swim
42 lessons, after hours coverage of the Wellness Center, Lynnwood Healthy
43 Communities planning process and public meetings, Veterans Drop-In Resource
44 Center, South County Walks, Meet Me at the Park, and sharing meeting space.

1 Verdant is also involved with the Center for Healthy Living on Alderwood Mall
2 Blvd. This is mainly a senior facility, but also addresses aging and disability
3 resources and the multi-cultural lunch centralized program. It's a very active
4 center, particularly at lunchtime. Verdant has hired a bilingual Spanish speaker
5 and is in a grant-funded relationship with the Korean Women's Association who
6 does some prevention work with Verdant.

7
8 Verdant is trying to do more behavioral health support groups working on things
9 like stress management. The YWCA is one of Verdant's partners that offers
10 many support groups. Right now they are offering a class called Managing
11 Difficult Emotions. In a few weeks they'll be starting an Anxiety and Depression
12 Recovery Group as well as parenting classes. The YWCA really helps use
13 Verdant Space to make things more available to a broader set in the community.

14
15 Verdant has chosen to fund a Community Resource Advocate position from
16 North Sound 211. This person will be available to help people navigate health
17 and social services Monday through Friday from 8-5. She can help provide
18 coordinated entry into housing and provide information about resources.

19
20 Ms. Waldin stated that Verdant makes their space available to community
21 partners that are doing health-focused work as well as people they fund to do
22 health work. They want this to be a true community resource to promote health
23 across South Snohomish County. The grant process is listed on Verdant's
24 website. There are grants from \$500 to \$1 million to provide different kinds of
25 support to different kinds of programs.

26
27 Councilmember Sutton noted that someone from the Health Department came to
28 make a presentation to the Council and to inform the City that because of the
29 Health District's funding challenges they will not be able to provide some of the
30 health outreach that they have been doing in the past. The Health District was
31 looking for city contributions based on the population size. Councilmember
32 Sutton asked if that was something Verdant could help with as well. Ms. Waldin
33 explained that the Health District has applied several times for different grants;
34 however, a lot of their work is county-focused and not specifically focused on
35 South Snohomish County which is an issue for Verdant grant funding. Funding
36 for specific programs in South Snohomish County would be an appropriate
37 request and could be considered. She encouraged anyone interested in a grant
38 to contact Verdant before filling out an application to be more successful. They
39 are looking specifically at health outcomes that are measurable. Verdant is also
40 much more interested in grants that have collaborative partners.

41
42 Chair Hurst asked when the Evergreen detox facility is scheduled to open. Ms.
43 Waldin replied it is in the middle of being built. They are working with the City on
44 permitting issues. Verdant does not have a specific date from Evergreen.
45 Director Krauss commented that staff has been working with Evergreen for some
46 time. One of the issues is that they are remodeling an industrial building and

1 converting it to house a unique population. He explained that the City issued
2 permits to start construction two weeks ago.

3
4 Chair Hurst asked if work with deaf and deaf-blind people is part of the work that
5 Verdant is doing to reach diverse communities. Ms. Waldin stated that the work
6 they have done to date in that regard has been with the school district who
7 utilizes Verdant's space. Chair Hurst asked how they would be able to access
8 211. Ms. Waldin thought that folks who are deaf or hard of hearing could use
9 their phone system, but she wasn't sure about people who are blind. They
10 certainly could come in and meet with the Community Resource Advocate at to
11 get some assistance in navigation of resources. She thought the Aging and
12 Disability Resources through Senior Services of Snohomish County might be
13 even more helpful. This is available to everyone regardless of age.

14
15 Commissioner Schmidt asked if the City is coordinating the veterans' services.
16 Ms. Waldin commented that Verdant is hosting the space for the City every
17 Tuesday for drop-in veteran support, but Gina Israel coordinates a group of
18 volunteers. Also, Snohomish County sends Jerry Gadek down the first
19 Wednesday of the month for veterans' assistance.

20
21 Commissioner Farkas asked about the new domestic violence program with
22 Cocoon House. Ms. Waldin explained that Domestic Violence Services of
23 Snohomish County is a separate organization. Verdant funds them to do
24 prevention work with youth in the school. Commissioner Cortes explained that
25 Cocoon House works with youth who are already on the streets. They do a lot of
26 community outreach in Lynnwood and throughout Snohomish County. They plan
27 to have a mobile case manager to work with the youth in this area. This will allow
28 them to offer resources in the youths' own communities where they might already
29 have a support group to allow them to be more successful. Ms. Waldin added
30 that Cocoon House will have office space at Verdant available, if needed.
31 Commissioner Cortes added that Verdant is one of Cocoon House's "Safe Place"
32 sites. Teens know this is a safe place to go and ask for services.

33
34
35 B. Guest Speakers – Joan Jolly, Pastoral Care Minister; Sheri Setzer and
36 Marilyn Hall – Trinity Lutheran Church "Neighbors in Need" & "Neighbor
37 Youth Alliance"; David Gunderson and Chris Frizell, Board Members for
38 Neighbors in Need

39
40 Ms. Jolly reviewed the history of Neighbors in Need (NIN) which started about
41 ten years ago to address the needs of people in the immediate area. It started
42 out as a warm place to have coffee and pastries for an hour on Saturdays, but
43 quickly grew to a full breakfast. There are at least ten churches that rotate
44 through serving breakfasts. There are also a few businesses and civic service
45 groups that are part of the rotations. There are sometimes family groups that
46 celebrate a birthday or anniversary by donating breakfast. As needs were

1 determined, they began asking for donations of clothing and toiletries. There is
2 now a full clothing bank and a nice array of toiletries available. There is also a
3 small food bank to help people get through the weekend. Edmonds Food Bank
4 brings sack lunches which helps a great deal. NIN also benefits from gleaning
5 efforts from local grocery stores. They have grown successfully because one of
6 the early leaders was an amazing administrator who developed forms and rigid
7 procedures. Trinity Lutheran is centrally located which makes it easy for other
8 services to come there to access the homeless and the marginalized. She
9 described some of the groups including: student support/tutors, the Hand Up
10 organization, Showers to the People, Washed Up, churches providing bus
11 passes, Snohomish County Purse Project, the Health District, a hairdresser, and
12 insurance providers.

13
14 NIN started with a dozen people, but recently they have had over 180 people on
15 a regular basis with over 70 of those being homeless people. There are many
16 new faces and many young faces each week. The numbers have been growing
17 very rapidly in the last few years. Along with the mainstream churches that come
18 there are two mosques, an East Indian group, two Filipino groups, and an
19 Egyptian Coptic group. The Lynnwood library has been very gracious about
20 allowing the homeless to be in the lobby during the week to be warm and dry, but
21 of critical importance to the homeless is access to technology to follow up on
22 housing requests, to find jobs, etc. The library is also a safe meeting place to
23 meet with the homeless during the week. Verdant has been a great resource with
24 the veterans' program, prescription assistance, the Community Resource
25 Advocate, and the classes.

26
27 A very important part of NIN's service is the listening tables where volunteers ask
28 visitors about their situation and how they can be helped. This can be pastoral
29 help, housing, meals, etc.

30
31 A concern that NIN has is that they are running out of room for all the people, the
32 clothing, the food bank, and the resource tables. Another big issue is the heroin
33 epidemic. When they clean up at the end of the day they are finding syringes,
34 which is a big concern. She commended the Lynnwood Police Department and
35 the Fire Department's involvement, especially Sgt. Cole Langdon and Shannon.
36 Ms. Jolly stated that they are optimistic, but realistic and worried about the
37 numbers for the cold number shelter.

38
39 NIN Board Member David Gunderson discussed security challenges associated
40 with the program. He explained that the major security challenges have been
41 people with mental illness and alcoholism combined, but in the last couple years
42 that have given way to people with mental illness and drug addiction which is a
43 very powerful and dangerous combination. The issues are not generally in the
44 facility, but in the parking lot and the surrounding property. Additionally, the
45 issues are not isolated only to Saturday morning, but throughout the week when
46 schools are in session there. Even though this is a huge issue, it's just a very

1 small percentage of the people who attend the Saturday morning session. Last
2 Saturday there were 25 new unsheltered people who signed up. This means
3 there is an influx of people who are coming from outside the area. Another issue
4 is that the old-timers who have been here for a long time are not mixing well with
5 the new people who tend to be a little more violent and out of control than the
6 older people.

7
8 Commissioner Farkas asked if the church has had to do any alterations to its
9 facility for the cold weather shelter. Ms. Jolly stated that the shelter is held down
10 at Edmonds Senior Center who has generously made their kitchen available to
11 them. There are mats and blankets that the guests sleep with on the floor. Each
12 person is carefully screened so that no alcohol or drugs come in and everyone is
13 safe. There are male and female volunteers there throughout the night, and
14 groups cook dinner and breakfast.

15
16 Sheri Setzer, Special Education Teacher and volunteer, stated that she was with
17 the Neighborhood Youth Alliance (NYA) which is connected with NIN. NYA
18 provides academic support, social skills, games, and arts and crafts to homeless
19 and marginalized kids. She also helps families understand school
20 communications, navigate difficulties the kids are having at school, and provide
21 general support to the families. NYA is a vital part of NIN because there are a lot
22 of families there, and the children need support as much as their families do.

23
24 Marilyn Hall added that NYA has a very diverse population as well. She helps
25 with schoolwork and also communicates with teachers to help address issues
26 and meet needs. She reviewed stories about immigrant families and helping
27 them get assimilated. She commented that separating the children from the adult
28 interaction upstairs helps them to make significant progress.

29
30 Board Member Gunderson commented that all of this is privately funded. There
31 is one small \$2,000 grant from the National Evangelical Lutheran Church in
32 America, but all the rest is funded by donations from congregation members of
33 Trinity Lutheran Church and other churches that donate their offering to them or
34 benefit concert offerings. There are some training exercises that the group would
35 like to get funded because they are mostly amateurs at this.

36
37 Dr. Kim stated that she appreciates the Neighbors in Need program and Trinity
38 Church for hosting it. It's a wonderful place for people to come. She does
39 outreach there in addition to several other sites. Every Saturday she meets many
40 homeless people there. She asked if there is any vision of how to help these
41 people in the future.

42
43 Ms. Hall explained that from an academic perspective they try to set up tutors for
44 the children to help them stay successful in school because they profoundly
45 believe that education is the key to staying out of homelessness and being able
46 to earn a living wage.

1
2 Board Member Chris Frizell added that homelessness is a nationwide problem.
3 As they continue to have more conversations, they hope that eventually there will
4 not be anything for NIN to do on Saturday morning. Until then, the volunteers are
5 there to help people get some food, a shower, some clean clothes, and some
6 support. She stated that if anybody has solutions they are open to hearing them.
7 There are a lot of people that are just trying to get along and need an extra hand.
8

9 Board Member Gunderson commented that he has never seen a homeless
10 person that didn't want shelter. That doesn't mean that they want to be inside at
11 the cost of their personal dignity and their culture and lifestyle. Many people who
12 are homeless have issues such as addictions and mental illness that prevent
13 them from getting into high barrier shelters. The only program he has seen
14 nationwide that has helped and has a reasonable success rate is low barrier
15 shelter such as Housing First, but this is a very difficult program to get going
16 anywhere. The Utah Model has also worked, but not nearly as well. Low barrier
17 shelter is a difficult sell to the community, but the alternative is that the unhoused
18 people are going to be on the street. Ms. Hall encouraged everyone to thinking
19 about solutions that could be applied to people who don't necessarily live like us.
20

21 Councilmember George Hurst stated that the City Council has agreed to
22 volunteer to cook breakfast on New Year's Eve day morning (December 31). He
23 invited the Human Services Commission to join them on that day.
24

25 **Old Business**

26

27 Director Krauss recalled that over the past few months they have talked about
28 trying to make sure that rental housing in the city meets minimal standards for
29 safety and quality. What has been effective in a number of cities is a rental
30 housing inspection program that at least guarantees some minimal standards of
31 life safety being adhered to. The Council has not supported this yet, but there
32 have been increasing levels of support for it and some discussions with the
33 Council about bringing it back for consideration. Staff is patterning the proposal
34 off an ordinance that Mountlake Terrace adopted. They are looking at tying this
35 to the business license so that all rental housing in Lynnwood would require a
36 business license. The larger developments already do this, but people who do
37 single-family homes don't necessarily have business licenses. Oftentimes some
38 of the most significant issues occur in the single family homes or in the smaller
39 units. Staff would also like to include hotels and motels in this because there
40 have been multiple significant issues with people living in those situations. He
41 explained that some properties would be exempt from doing this like HASCO
42 properties or properties supported by the federal government because they are
43 already subject to inspections. He asked the Human Services Commission to
44 review the draft and offer any feedback.
45

1 Commissioner Schmidt suggested that the commissioners review it individually
2 and then come together next time to craft a recommendation. Director Krauss
3 thought that would be a great idea.

4
5 Commissioner Coffey asked if there are any budget implications with the
6 administration of this program. Director Krauss stated that there is a certain level
7 of benefit to making sure that a minimum standard of acceptable housing is met.
8 This could avert situations where people have to go in with hazmat suits to clean
9 up situations, and residents have to be housed by the Red Cross.

10
11 Commissioner Coffey commented that they were going to try to triage the
12 Commission's work plan via email, but it doesn't appear that that happened. She
13 noted that finalizing the 2017 Work Plan is on the agenda for December 1 and
14 asked if the Commission could have a work session prior to that to talk about it.
15 Senior Planner Emery indicated she would send a draft work plan out in an email
16 which could be a start. The meeting in December could be dedicated to
17 discussing that topic. Director Krauss suggested that the dinner be provided by
18 the City for the Commission at the December meeting as a token of appreciation
19 for the hard work they do.

20 21 **New Business**

22
23 Chanda Emery distributed an updated list of Lynnwood Human Services
24 Providers websites. She requested that the Commission review this list and
25 provide any feedback at the next meeting.

26 27 **Council Liaison Report**

28
29 Councilmember Sutton had the following comments:

- 30 • She stated she serves on the United Way Board. As of Tuesday there is a
31 new CFO for Snohomish, Allison Warren-Barbour. She suggested
32 connecting with her very quickly when she takes office in January.
- 33 • There will be a Getting Big Money out of Politics event by the League of
34 Women Voters of Snohomish County at Trinity Lutheran on October 13
35 from 7-8:30 p.m.

36 37 **Director's Report**

38
39 Director Krauss reported that the Council is very deep in budget discussions. The
40 baseline budget does not include additional spending as being requested. This is
41 the first year that the City is doing a Budgeting for Outcomes process. He will be
42 giving his presentation to the Council on October 31 on the things that his
43 department thinks are important for the community to tackle. A big one for
44 Community Development and also the Police is a request to be given funds for
45 grants through this Commission to support and help encourage the provision of
46 services. He will be informing the Council that the HSC has no money for this,

1 but they are looking for money in order to continue the progress they have begun
2 to make. Secondly, Community Development, Police, Fire, and Parks are
3 involved in working with the area called South Lynnwood which is the neediest
4 area in the City. They envision a wide-ranging approach under Community
5 Health and Safety to come up with strategies which could be things like
6 additional police patrols, tot lot equipment in parks, fixing streets, patrolling traffic,
7 dealing with drug houses, etc. Staff wants to get community ideas and
8 involvement and have money to be able to quickly respond to community ideas
9 and suggestions.

10
11 Commissioner Schmidt commented that on November 3 at the Emerald Queen
12 Casino, the Washington Department of Veterans Affairs is hosting the 4th Annual
13 Service for Service Conference on service animals, therapy animals, and
14 emotional support animals helping participants to understand which animal is
15 best for them.

16
17 **Adjournment**

18
19 The meeting was adjourned at 8:39 p.m.
20

21
22  11/3/16
23 Pam Hurst
24 Pam Hurst, Chair